



## \*NEW Spirit Games

300 Fun Activities That Bring Children  
Comfort and Joy

by *Barbara Sher*

Imagine a book that you can take down from the shelf whenever your nerves are fried, your six-year-old is angrily pushing the toddler down the stairs, and your teen is holed up in his room with a broken heart. One book,

small and unassuming, holds such a wealth of wisdom, with games/activities/rituals to cultivate joy and well-being, no matter what is happening. The first chapter offers ways to nurture your own spirit so that you can be present and more joyful in facing the day with your children. Then the spirit games begin, all to create more fun and smiles every day: "doing a 360 circle" together of appreciation, time races to handle resistance getting out the door, writing yourself letters to receive days later if you are blue, "Mom Gone Nuts," and "Finding the Grumpy Bug." One of my favorites is the "Emergency Relief Box," filled with photos and memories of joyful times, to pull out on gloomy days. There are games/activities for healing sadness, anger, and fear, for building confidence and trust, and for learning compassion and new ways of responding to the situations life brings us. "All shall be well" is the wisdom woven into these pages, especially if you are having fun along the way! Best of all, these wise ways include toddlers to teens, so that this book will be a trusted and wise companion through all the growing-up years. I can't recommend it enough.